

Applesauce Muffins

Make this batter now - bake later!

18 muffins

Ingredients:

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups flour
- 1 1/4 cups applesauce

Directions:

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Nutrition Facts: One muffin provides 130 calories, 3g total fat, 10mg cholesterol, 130mg sodium, 24g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Applesauce Muffins
Roast Beef
Mashed Potatoes
Green Beans
Milk

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